

Lu Rou Fan – Braised Tofu Rice Bowl ‘????’

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-lu-rou-fan-recipe-east-meets-kitchen>

Ingredients:

- 16 ounces firm tofu pressed, drained & mashed
- 4 ounces mushrooms chopped, used King Oyster
- 4 cloves garlic finely chopped
- 2 large shallots finely chopped
- 3 tablespoons green onions chopped
- 3 cups water
- 1 tablespoon corn starch with 1 tablespoon of water
- oil for cooking
- salt to taste
- veggies blanched
- 3 cooked rice servings
- 3 tablespoons soy sauce /tamari
- 1/2 tablespoon sugar
- 1 teaspoon white pepper
- 1 teaspoon Chinese five spice powder
- 1/4 cup Chinese cooking wine Michiu